



# Nova Physical Education Curriculum

**Intent** At Nova Primary Academy, we believe in inspiring all pupils to participate and express themselves through physical activities whilst also looking at ways to establish a healthy lifestyle. We build on the knowledge and skills necessary for mental, social and physical wellbeing, which is key for a successful future for our children. We aim to use physical education to teach the children to have confidence, persevere and to develop self-discipline. Pupils at Nova participate in high-quality P.E. lessons and sporting activities. We incorporate a variety of sports to ensure our children develop high levels of self-esteem, tolerance and appreciate their own and others' strengths and areas for development. We provide opportunities for all children to engage in extra-curricular activities in addition to competitive sporting events. These opportunities to compete in sport and other activities build character and help to embed our school values. We teach our children how to cooperate and collaborate with others, as part of a team, understanding fairness and equity of play to embed life-long values to support their mental and physical well-being.

The aims of our PE curriculum are to develop pupils who:

- Are willing to practice skills in a range of different activities and situations, alone, in small groups and in teams, and to apply these skills in chosen activities to achieve exceptionally high levels of performance;
- Have and maintain high levels of physical fitness;
- Are able to remain physically active for sustained periods of time and have an understanding of the importance of this in promoting long-term health and well-being;
- Employ imagination and creativity in their techniques, tactics and choreography;
- Are able to improve their own and others' performance
- Have a keen interest in PE - a willingness to participate eagerly in every lesson, highly positive attitudes and the ability to make informed choices about engaging fully in extracurricular sport;
- Can swim at least 25 metres before the end of Year 6 and know how to remain safe in and around water

Through our PE curriculum, we have developed an all-inclusive range of sporting opportunities, in school and in extra-curricular activities such as dance, football, gymnastics, basketball, golf, archery, dodgeball, netball and tennis, that offer pupils a wide- variety of opportunities to access sports that they may not have access to outside of school time. The P.E curriculum at Nova Primary provides children with a relevant, coherent, progressive knowledge of the fundamental movement, skills and further links to health and well-being. These are explored through our teaching of: Fundamental Movement Skills, outdoor sports, indoor sports, Outdoor and Adventurous Activities (OAA), swimming and fitness.

## Implementation

Our long term plan is designed using Get Set 4 PE resources and is built to ensure progression of PE Skills from Early Years to Year 6. Pupils will have the opportunity to revisit previous learning and develop it year on year. This includes revisiting different sports during their time at Nova Primary Academy.

In Early Years, pupils are given an introduction to PE before moving on to gymnastics, dance and games. They also learn about the fundamentals of PE. In their lessons, pupils will develop their skills in running, jumping, hopping, skipping, balancing, throwing, catching and rolling. In their gymnastics learning, pupils will practise making shapes and different ways to travel before progressing from a straight roll to a forward roll. In their games learning, pupils will learn to work safely, build communication and support others.

In KS1, pupils will develop their skills in the following teaching units: ball skills, gymnastics, dance, invasion games, team building, sending and receiving, target games, athletics, striking and fielding.

These skills will be developed further in KS2 with children applying their learnt skills to practise playing specific sports. The teaching in KS2 covers the following units: netball, tag rugby, gymnastics, dance, dodgeball, outdoor adventurous activities, tennis, athletics, cricket, basketball, football, volleyball, hockey, golf, rounders and swimming (at Nova, children attend swimming lessons in Years 5 and 6).



### **Implementation**

At Nova Primary Academy, we plan and teach PE using Get Set 4 PE resources. All of our PE is taught by specialist PE coaches. Teaching staff run additional sport clubs in after school provision. PE is taught weekly on an allotted PE day.

As part of the planning process, the following is planned:

- A cycle of lessons for each subject, which carefully plans for progression and depth;
- The use of regular formative and summative assessments are used to support learners' developing ability
- Challenge questions for pupils to apply their learning in a philosophical/open manner;
- Opportunities to work with experts in the field and learn from their work ethic and demonstrations of good practice.

### **Impact**

Our PE Curriculum is high quality, well thought out and is planned to demonstrate progression across the different year groups. If children are keeping up with the curriculum, they are deemed to be making good or better progress. Within lessons, there are opportunities for formative assessment that is ongoing throughout each lesson. It judges progress and enables the teacher to make flexible adaptations to their planned teaching. Through ongoing assessment, tasks are matched to the ability of each child through differentiated activities and adult support, thus providing a level of challenge that is stimulating for pupils.

In addition, we measure the impact of our curriculum through the following methods:

- A reflection on standards achieved against the planned outcomes;
- Pupil discussions about their learning;
- Assessments of pupils' achievements against the National Curriculum

Our PE curriculum is also planned in a way which promotes the cultural capital of all our pupils. We enhance our curriculum especially for the most disadvantaged by organising different PE activities and clubs. We also provide additional opportunities such as school trips or visitors to enrich pupil's understanding and provide context through first-hand experiences.